

## Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>BEEF GROUND fresh or frozen<sup>7,8</sup> (continued)</b>					
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 26% fat (Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 24% fat (Like IMPS #136)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 20% fat Includes USDA Commodity (Like IMPS #136)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 15% fat (Like IMPS #136)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
<b>Beef, Ground, fresh or frozen<sup>7,8</sup></b> <i>no more than 10% fat (Like IMPS #136)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
<b>BEEF HEART, fresh or frozen</b>					
<b>Beef Heart, fresh or frozen</b> <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
<b>BEEF KIDNEY, fresh or frozen</b>					
<b>Beef Kidney, fresh or frozen</b> <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

<sup>7</sup>Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

<sup>8</sup>USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.